

**CLAIMS**

What is claimed is:

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1. A group program for resistance exercise training comprising the steps of:

10 (a) providing a plurality of convertible multi-position exercise units, each of said exercise units being convertible to several different configurations to allow a user to perform multiple different exercises on said exercise unit, each of said exercise units further including:

(i) a frame,  
(ii) a seat positioned on said frame, and  
(iii) an adjustable resistance engine attached to said frame;

15 (b) providing instruction in operating said plurality of exercise units for performing a first resistance training exercise in a first configuration;

(c) providing instruction in converting said plurality of exercise units from said first position to a second configuration; and

20 (d) providing instruction in operating said plurality of exercise units for performing a second resistance training exercise in said second configuration.

2. The group program of Claim 1, wherein said plurality of exercise units are arranged in one of the group selected from: a circle, an oval, a row, a triangle and a square.

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3. The group program of Claim 1, wherein said plurality of exercise units are positioned facing a common location to be used for instruction.

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4. The group program of Claim 3, wherein the common location is to be used by an instructor.

5. The group program of Claim 3, wherein a convertible multi-position exercise is located at said common location for demonstration of said first resistance training exercise by an instructor.

6. The group program of Claim 1, wherein said step of providing instruction in converting said exercise units further includes providing instruction in changing a resistance of said adjustable resistance engine.

7. The group program of Claim 1, further comprising the step of providing one of the group selected from: background music and music choreographed to said first and second resistance training exercises.

8. The group program of Claim 1, wherein said first resistance training exercise includes a positive contraction of a target muscle and a negative contraction of an antagonist muscle.

9. The group program of Claim 1, wherein said first resistance training exercise includes contraction of one or more of the group selected from: a stabilizer muscle, a dynamic stabilizer muscle, and an antagonist stabilizer muscle.

10. The group program of Claim 1, wherein said group program includes a first class and a second class that vary in one or more of the group selected from: exercises, exercise sequences, durations, intensities, resistance progressions, speeds, ranges and frequencies.

11. The group program of Claim 10, wherein said variations are designed to achieve different fitness goals.

12. The group program of Claim 11, wherein said different fitness goals include one or more of the group selected from: a general conditioning goal, a strength goal, an endurance goal, and a power goal.

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13. The group program of Claim 1, wherein said group program includes a class, said class including a sequence of resistance training exercises at least one of which includes a plurality of options that may be performed.

10 14. A group program for resistance exercise training comprising the steps of:

(a) providing a plurality of convertible multi-position exercise units, each of said exercise units being convertible to several different configurations to allow a user to perform multiple different exercises on said exercise unit, each of said exercise units further including:

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(i) a frame,  
(ii) a seat positioned on said frame, and  
(iii) an adjustable resistance engine attached to said frame;

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(b) operating said plurality exercise units to perform a first resistance training exercise in a first configuration of said plurality of exercise units;

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(c) converting said plurality of exercise units from said first configuration to a second configuration; and

(d) operating said exercise units for performing a second resistance training exercise in said second configuration.

15. The group program of Claim 14, wherein said plurality of exercise units are arranged in one or more of the group selected from: a circle, an oval, a row, a triangle and a square.

5 16. The group program of Claim 14, wherein said plurality of exercise units are positioned facing a common location to be used for instruction.

17. The group program of Claim 16, wherein the common location is to be used by an instructor.

10 18. The group program of Claim 16, wherein a convertible multi-position exercise is located at said common location for demonstration of said first resistance training exercise by an instructor.

15 19. The group program of Claim 14, wherein said step of converting said exercise units further includes changing a resistance of said adjustable resistance engine.

20 20. The group program of Claim 14, further comprising the step of providing one of the group selected from: background music and music choreographed to said first and second resistance training exercises.

25 21. The group program of Claim 14, wherein said first resistance training exercise includes a positive contraction of a target muscle and a negative contraction of an antagonist muscle.

22. The group program of Claim 14, wherein said first resistance training exercise includes contraction of one or more of the group selected from: a stabilizer muscle, a dynamic stabilizer muscle, and an antagonist stabilizer muscle.

23. The group program of Claim 14, wherein said group program includes a first class and a second class that vary in one or more of the group selected from: exercises, exercise sequences, durations, intensities, resistance progressions, speeds, ranges and frequencies.

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24. The group program of Claim 23, wherein said variations are designed to achieve different fitness goals.

25. The group program of Claim 24, wherein said different fitness goals include one or more of the group selected from: a general conditioning goal, a strength goal, an endurance goal, and a power goal.

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26. The group program of Claim 25, wherein said group program includes a class, said class including a sequence of resistance training exercises at least one of which includes a plurality of options that may be performed.

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27. The group program of Claim 14, wherein said exercise unit is portable.

28. The group program of Claim 14, wherein said adjustable resistance engine has a weight, said adjustable resistance engine is adapted to create a resistance greater than said weight of said adjustable resistance engine.

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29. The group program of Claim 14, wherein said adjustable resistance engine is below a plane of said seat.

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25 30. A method for implementing a group program for resistance exercise training comprising the steps of

(a) providing training for the group program for one or more representatives each having an area of responsibility;

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(b) providing training for a plurality of individual instructors for the planning and administering individual sessions of the group program via said representatives;

5 (c) certifying said plurality of individual instructors have successfully completed said training; and

(d) planning and implementing a group resistance training program using a plurality of convertible multi-position exercise units, each of said exercise units being convertible to several different configurations to allow a user to perform multiple different exercises on said exercise units, said exercise units including a frame, a seat positioned on said frame and an adjustable resistance engine attached to said frame.

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15 31. The method for implementing a group program of Claim 30, further comprising the step of providing feedback from said instructors to said representatives.

32. The method for implementing a group program of Claim 30, wherein said training steps includes operation and conversion of said exercise units.

20 33. The method for implementing a group program of Claim 30, wherein said resistance training program provides a circuit resistance training program including said plurality of exercise units being configured in at least two different configurations.

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